

Let's Talk About Osteoarthritis

Friday May 6, 2022

0900 – 1500hMDT



Updated April 28, 2022

Event Itinerary

*all timing is in MDT (Mountain Daylight Time)

0900 Opening and Welcome
Dr. Elisabeth Saxton

0910h How to Talk to Your Physician About Your Pain
Dr. Sean Gonzales, Dr. Tien Yen and a Person with Lived Experience

Attendees will learn how to effectively talk to their family doctor about their pain and/or main concerns via role-play demonstration. They will learn the potential barriers and how to address them. Interaction is encouraged through the use of comments/questions during the presentation.

1010h Group Moderated Q&A

1025h Movement Exercise

1030 - 1040h Refreshment Break

1040h Understanding the Diagnosis of Osteoarthritis
Dr. Gillian Hawker

In this session Dr. Hawker will discuss how a diagnosis of osteoarthritis is made clinically and its significance for a person who is newly diagnosed, including important questions that should be asked of your physician. In addition, the differences between two of the most common forms of arthritis, osteoarthritis and rheumatoid arthritis will be explained, highlighting the role of inflammation.

1125h Myth busters about Osteoarthritis: A Lively Discussion
Dr. Elisabeth Saxton

We have all likely gone down the "Dr. Google" rabbit hole at some point, and this is your chance to get answers from the experts! Have you heard things about osteoarthritis that made you nervous? Things you wanted to ask because you weren't sure? Facts you want to double check? Ask those questions here and get answers during this discussion!

1140h Exploring Clinical Pain Research in Osteoarthritis
Dr. Lisa Carlesso and Patrycja Vaid

Dr. Carlesso will discuss her research findings about the experience of pain in people with knee osteoarthritis. She has studied the underlying mechanisms of osteoarthritis pain as well as the relationships between it and various risk factors, and characteristics. Her work aims to help healthcare providers with assessing and treating osteoarthritis pain. Join us for an interview where Dr. Carlesso explains the importance and the impact of her research on the care of osteoarthritis pain.

1155h Moderated Q&A

1210 – 1250h Lunch Break

- 1250h **Welcome back!**
- Interdisciplinary Assessment: Treating Osteoarthritis**
- 1255h **Common Osteoarthritis Medications**
 Will Leung
- The material presented will be designed to provide practical information to both health care professionals and patients. This will include medication Do's and Don'ts for the following commonly used medications for Osteoarthritis
- Acetaminophen**
- Side effects, drug interactions, dosing for different strengths/brands
- Non-steroidal anti-inflammatories (NSAIDS):**
- Side effects, comparisons, why one over another
 - Applying topical NSAIDS, variety of bases used for transdermal delivery
 - Why choose one over another
- 1305h **Physiotherapy Management of Osteoarthritis**
 Emilie Brown
- This presentation will offer a physiotherapy perspective on the management of osteoarthritis. Current research and guidelines regarding best physiotherapy and exercise practice in the management of hip osteoarthritis will be discussed throughout the presentation. Following the presentation, listeners will have gained an understanding of:
- The role of physiotherapy in the management of hip osteoarthritis
 - The role of physiotherapy in a multi-disciplinary approach to hip osteoarthritis
 - The current guidelines, evidence and recommendations regarding active management of hip osteoarthritis
- 1315h **OT Perspective in Treating Osteoarthritis**
 Cheryl Crow
- Cheryl will provide an overview of how occupational therapists help people with osteoarthritis participate in meaningful daily activities and adopt behaviors that support health and wellbeing. She will use the biopsychosocial model as a springboard to explain the breadth of occupational therapy approaches that can improve quality of life for people with osteoarthritis.
- 1325h **A Psychologists Perspective**
 Dr. Elisabeth Saxton
- Psychology does not mean "it's all in my head" and for those living with osteoarthritis, psychological interventions can support pain management, dealing with change, and addressing how OA can impact many areas of your life. Allowing you to feel more in control and connected to what is important to you.
- 1335h **Injection Treatment Options for the Management of Osteoarthritis**
 Dr. Darren Gray
- In many cases conservative measures such as physiotherapy, medications, and lifestyle modifications are not adequate to control the symptoms of Osteoarthritis. These individuals may benefit from injections to help control symptoms and improve their quality of life. In this presentation I will provide a practical overview of interventional treatments available for the management of osteoarthritis ranging

from the use of corticosteroids and hyaluronic acid to more modern techniques including regenerative medicine (Platelet Rich Plasma and Stem Cell injections) as well as the use of radiofrequency ablation. I will discuss how injections can be utilized as part of a comprehensive interdisciplinary osteoarthritis treatment plan.

1345 – 1400h Refreshment Break

1400h Welcome back!

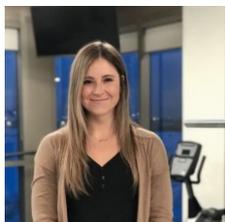
1405h Panel Discussion: Osteoarthritis and Treatments

Will Leung
Emilie Brown
Cheryl Crow
Dr. Elisabeth Saxton
Dr. Darren Gray

1450h Closing Remarks
Dr. Elisabeth Saxton

1500h Event Concludes

Our Presenters and Moderators



Emilie Brown, Physiotherapist
MScPT, BKin

Emilie is a physiotherapist at Advantage Sport Medicine in Edmonton, Alberta. While studying at the University of Alberta, she earned her Bachelors of Kinesiology degree majoring in Sports Performance and her Masters of Science degree in Physical Therapy. While working in the private practice sector provides experience with a variety of populations, Emilie has a special interest in sports medicine and pain sciences. Her values include creating a client-centered approach and delivering evidence-based exercise prescription and manual therapy techniques to keep patients moving and performing their activities of daily living.



Dr. Lisa Carlesso PT, PhD
Assistant Professor School for Rehabilitation Science
McMaster University

Lisa is an assistant professor in the School of Rehabilitation Science at McMaster University with training as a clinical epidemiologist and a physical therapist. Having worked for 25 years clinically, she now spends the majority of her time studying the mechanisms and consequences of musculoskeletal pain with a particular focus on OA joint pain. Her research strives to optimize outcomes for people with chronic musculoskeletal disorders by 1. Understanding the complex mechanisms of acute and persistent pain through pain phenotyping to improve prognosis and treatment, 2. Using the understanding of endogenous modulation of pain to enhance conservative treatment options and 3. Improving the clinical measurement of pain.



Cheryl Crow OTR/L
Occupational Therapist & Patient Educator
Founder of Arthritis Life

Cheryl Crow is an occupational therapist who's lived with rheumatoid arthritis for nineteen years. Cheryl founded Arthritis Life, whose mission is to educate, empower and support people with arthritis. She also hosts the Arthritis Life Podcast and runs online self-management courses and an online self-management and support group called Rheum to THRIVE. She is known for her entertaining yet educational videos featuring arthritis life hacks, product demonstrations, and insights into the psychosocial aspects of life with invisible chronic illness.



Sean Gonzales MD, FRCPC
Physical Medicine and Rehabilitation

Dr. Gonzales obtained his Bachelor of Science in Biology and Bachelor of Arts in Communication at Chaminade University in Honolulu, Hawaii. He earned his medical degree at McMaster University in Hamilton, Ontario, and completed his Physical Medicine & Rehabilitation Residency at the University of Alberta in Edmonton, Alberta. He is the current chronic pain interdisciplinary lead at HealthPointe Medical Centre. Clinically his interests include complex chronic pain assessment/management, fluoroscopic guided injection interventions, chronic pain patient education, and interpersonal communication.



Dr. Darren Gray MD, FRCPC, CSCN Diplomate (EMG)
Physical Medicine and Rehabilitation

Dr. Gray completed a bachelor of science degree in Kinesiology (2007) and then received his medical degree from the University of Alberta (2011). He went on to complete a residency in Physical Medicine and Rehabilitation at the University of British Columbia (2016). He pursued extra training in neuromuscular medicine and completed his certification to become a CSCN Diplomate (EMG) in 2016. He has undertaken advanced training in fluoroscopic (X-ray) guided injections and ultrasound guided musculoskeletal procedures. Dr. Gray is an Assistant Clinical Professor in the Department of Medicine and Dentistry at the University of Alberta.

Dr. Gray is currently an outpatient physiatrist and Medical Director at Healthpointe Medical Centre in Edmonton, a multidisciplinary musculoskeletal clinic specializing in the treatment of chronic musculoskeletal pain, spine pain, and sports medicine. He currently works as a team physician with the University of Alberta Golden Bears varsity hockey team and is a consulting Physiatrist at The Glen Sather Sports Medicine Clinic. He is also the co-founder of Kinetix Orthopedic and Regenerative Medicine in Vancouver. Dr. Gray is an international Medical Classifier and has worked World Para Taekwondo, a division of the Paralympics.

Dr. Gray's clinical interests include diagnosing and treating complex musculoskeletal conditions, interventional spine pain management, performing ultrasound-guided musculoskeletal procedures, and diagnosing and treating peripheral entrapment neuropathies. He also has an interest in sports medicine and treating musculoskeletal injuries with the latest regenerative medicine techniques as part of a holistic and interdisciplinary approach.



Dr. Gillian Hawker MD MSc
Professor and Chair Department of Medicine, University of Toronto
Senior Scientist Women's College Research Institute

Dr. Hawker is the Sir John and Lady Eaton Professor and Chair of the Department of Medicine at the University of Toronto and a Senior Scientist at the Women's College Research Institute. She is a health services researcher whose research has focused on addressing disparities in access to and outcomes of care for people living with osteoarthritis and advancing understanding of the patient experience living with OA. She has published over 300 peer-reviewed articles and was the 2020 recipient of the International Osteoarthritis Research Society's Clinical Research Award.



Will Leung B.Sc. Pharmacy
Strathcona Prescription Centre
Strathcona, Alberta

Will Leung is a pharmacy graduate from the University of Alberta and currently a pharmacist at Strathcona Prescription Centre / Strathcona Compounding Ltd. located in Old Strathcona, Edmonton, AB. He is a prescribing pharmacist, has the ability to administer injections along with Certification in Travel Medicine. He has presented to many health care professionals (physicians, dentists, dermatology residents, nurses, physical therapists) on the subject of topical pain medications. He is also a guest lecturer for NAIT (Northern Institute of Technology) AHT Program re: Compounding for Veterinarians.



Diane Roylance PT BSc (Zool), BScPT, FCAMPT, Certified GunnIMS

Diane is a Fellow of the Canadian Academy of Manipulative Physiotherapists and has practiced physiotherapy for 27 years primarily in the areas of orthopedics and complex pain. She helps educate other health care providers and students on chronic pain, myofascial pain, fibromyalgia to name a few, through lectures, workshops, curriculum development and in clinic mentorship. Diane loves moving and is happiest when skiing, biking, climbing, swimming, meditating...with her loved ones.



Dr. Elisabeth Saxton R.Psych
CBI Health

Elisabeth has been with CBI Health (initially Orion Health) since 2009, becoming National Director of Mental Health Services in 2019. Committed to best practice interdisciplinary care in the areas of Persistent Pain, Trauma, and Mental Health, she helps develop programs to be delivered across Canada and provides mentorship, training, and consultation for the organisation while keeping a piece of her work in clinical service delivery. Her passion lies in developing interdisciplinary teams, innovative programs to increase client function, and ensuring consistency and effectiveness through program evaluation. She champions recovery and resiliency in clients and ongoing development for clinicians. She is currently the President of the Pain Society of Alberta and a board member for Take Me Outside.

Patrycja Vaid RN, BN, MN
Clinical Nurse Specialist, Acute Pain Service, Alberta Health Services



Patrycja works as a Clinical Nurse Specialist for the Acute Pain Service in Calgary, Alberta where she provides specialized pain care and consultations for hospitalized patients with post-surgical pain who may require complex pain management including intravenous analgesic infusions, or regional analgesia. She is responsible for acute pain related education, policy and research. She has developed multiple award winning policies and education programs to help deliver innovative, safe, and evidence based practice for patients within the hospital settings. Her research interests are an array ranging from uncomplicated/routine pain interventions post-elective surgeries to the complex marginalized populations such as the post-operative pain experiences of patients with opioid dependence/misuse issues. During the pandemic she has kept busy converting traditional education approaches into interactive virtual delivery methods to help keep staff engaged and competent with pain assessment and management.



Dr. Tien Yen MD FRCPC
Clinical Associate, University of Alberta

Graduated medical school at University of Saskatchewan, and completed a fellowship in Physical Medicine and Rehabilitation at the University of Alberta. He practices in the community in a Multidisciplinary Pain Clinic specializing in complex pain. He is trained in interventional pain medicine procedures. He has a BSc hon. degree in Microbiology and Immunology from University of Saskatchewan.

Our Planning Committee

Dr. Elisabeth Saxton R. Psych
Dr. Lisa Carlesso PT, PhD
Dr. Sean Gonzales MD, FRCPC
Dr. Ivonne Hernandez DDS MSc DABOP CIME
Samina Sana MSc, BSc
Patrycja Vaid RN, BN, MN
Dr. Tien Yen MD, FRCPC

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The Pain Society of Alberta Board of Directors, Planning Committee Members, and all our distinguished presenters wish to thank you for attending our event.

Our focus to deliver high quality, evidence informed presentations to improve pain management skills, remains our primary objective.

Many thanks to all of our volunteers and Jeff from Jeff Allen Productions for overseeing and helping us delivery this virtual educational opportunity to you.

Email us at team@painab.ca for any additional questions.

